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THE TALE OF SHANNON THE TEMP WRAPS UP WITH A LOOK AT WHERE THE OLD GANG IS NOW PAGE 11

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Roxanne Woodley, co-owner of Tonic A Shop For Women, poses with a sale sign at the store's 2nd Avenue location on Thursday afternoon. Woodley says the business has benefited from the Black Friday shopping tradition. MORGAN MODJESKI/METRO

Black Friday a boost for local businesses

Mad dash for deals.
Once box-store-focused day now a boon for smaller stores, as the holiday shopping season gets underway

MORGAN MODJESKI
morgan.modjeski@metronews.ca

While Black Friday has become known for its long lines and sometimes violent crowds, local businesses say the once American tradition is becoming a boon here in Saskatoon.

The day after American Thanksgiving, Black Friday marks the start of the holiday shopping season and Roxanne Woodley, co-owner of Tonic A Shop For Women, said the business has benefited from the mad-dash holiday.

"I think our community really is embracing it," said Woodley, noting customers have already been scoping out items they hope go on sale over the weekend.

"Everyone wants their money to stretch farther, so if they can get something at a good deal, they're going to try and do that."

The shopping holiday has a massive impact on the number of people coming into the store, as Woodley said they're expecting a 50 per cent increase in customer traffic.

"It gets the competitive nature going," she said. "If there's only three of something and it's on sale — it's going to be a little bit of insanity."

Clothing shops aren't the only local businesses benefiting from Black Friday, as Saskatchewan-owned and -operated Krazy Kiley's also looks forward to the holiday, which they started recognizing three years ago.

"Each year, it just gets bigger and bigger," said Brad Farmer, manager and shareholder at the electronics retailer's Saskatoon location.

"This time of year is nuts.… It really just kicks off the holiday shopping season," said Farmer, noting they see between a 40 to 50 per cent increase in the number of people coming into the store at this time of year. "Five hundred to 700 people will be coming through this door tomorrow and through the weekend."

Farmer said while they're not expecting a massive American-style lineup, they are expecting a bit of a gathering tomorrow morning and have brought on some extra staff for the event.

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Anna-Belle the bull of the ball

Positive vibes.
U of S students find stress relief via therapy dog during finals

MORGAN MODJESKI
morgan.modjeski@metronews.ca

University of Saskatchewan students feeling the pressure of final exams now have a new and furry way to fight stress.

A two-and-half-year-old English bulldog named Anna-Belle is a certified therapy dog and with the help of her handler, Colleen Dell, she's raising spirits at the U of S.

"Students here, a lot of them are away from home and they don't have their pets, so they love to interact with her," said Dell, who is a U of S research chair in substance abuse.

"They spend a bit of time together and she gives them her complete focus, which I think is validating too, because you're interacting with another being and university can be isolating."

Part of Dell's research is examining how the bond between animals and people impacts those going through recovery and addiction. Dell said she hopes the interactions with students will provide her with insight into how stress is affected by a K9 companion.

While Anna-Belle has been visiting campus since October, this is the first time she's been on campus during finals and some students said the pup impacted them positively, even after a short interaction.

"You kind of forget about everything when you're looking at something that's super happy … so it's nice in that way," said third-year biochemistry student Hannah Jones.

Second-year education student Feather Pewapisconias added: "Being around animals, it just helps relieve stress in general. They're just super calm and it gets your mind off of everything else."

Dell said while Anna-Belle is currently on campus every Thursday as part of her research, she's working with the U of S in hopes of expanding the program in the future.

Anna-Belle, an English bulldog, helps students, from left, Annika Kolar, Riley Briere and Hannah Jones relieve some stress during finals at the U of S Aboriginal Students' Centre on Thursday afternoon. MORGAN MODJESKI/METRO

Man cleared of child-pornography charges

A Saskatchewan man cried when a judge found him not guilty of child-pornography charges.

Paul Skotheim, who is 48, was on trial for possessing, making available and accessing child pornography in provincial court in Prince Albert.

Judge Felicia Daunt ruled the Crown did not prove that Skotheim was the one using his computer at the time child pornography had been downloaded to it.

The judge also outlined that when Skotheim had taken the stand to testify, she felt that he truly seemed disgusted at the idea of child pornography when he was questioned.

Defence lawyer Mark Brayford had argued that Skotheim's tenant at the time may have downloaded the child pornography, but the tenant was never brought in for questioning.

He also pointed out that the tenant had quickly moved out after Skotheim was arrested.

Crown prosecutor Shawn Blackman argued that the tenant may have vacated the property simply because Internet access had been cut off to that home by a court order.

Blackman brought out a chart that showed the majority of activity involving the child-pornography files fell outside of the hours that Skotheim was said to be working. He also had a chart that showed the dates on many of the files went back years before that tenant had moved in.

The judge said the Crown could not prove that the files on Skotheim's computer were downloaded before the tenant was living in the residence, and said she felt the dates on the files were meaningless.

Daunt also found that there was so much open access to Skotheim's computer that anyone could have downloaded those files to it.

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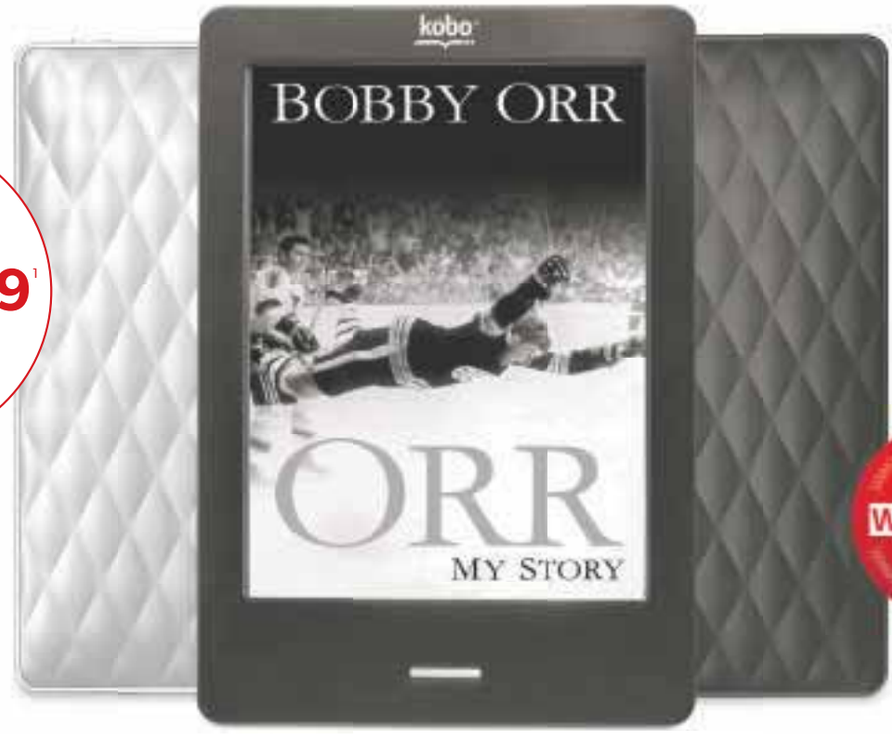

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Councillors talk roads and beyond

In Thursday's edition of Metro, we spoke to city councillors from wards one through five to get some insight on how they're feeling about the proposed 2014 municipal budget, which includes a 7.26 per cent property tax increase with 4.29 per cent dedicated to road repair and maintenance. Now we're getting councillors in wards six through 10 to give us their thoughts before budget deliberations next week.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Charlie Clark, Ward 6

"I don't think we can ask for an increase like this without also working harder to show people where their tax investments are going and look for ways to run our own operations better. I will be pursuing measures in the budget to do this. I think that the modest start of the Active Transportation Reserve in this budget is a step towards a more efficient and healthier community."

Mairin Loewen, Ward 7

"I think it's pretty obvious from the breakdown of the funding that the focus of the budget is around our road network. I think the most immediate thing is improving the roads in terms of pavement, but what's also an important part of that funding increase is a better level of service for snow removal and for street sweeping ..."

Eric Olauson, Ward 8

"I think the best part of our budget in 2014 is the fact that we've identified that our roads and our infrastructure need help and we've dedicated funds directly for that help.... I was disappointed more money to complete our sound attenuation project wasn't provided, but we will have discussions at budget in regards to that."

Tiffany Paulsen, Ward 9

"For me, the No. 1 highlight is the focus on roads. There's no doubt that residents have been asking that council direct their attention to road maintenance ... to me, the biggest drawback of the budget is the amount of the tax increase and, frankly, the magnitude of the tax increase is not something I'm going to support."

Zach Jeffries, Ward 10

"The highlights for me are the fact that we're addressing the No. 1 concern of Saskatoon residents, which is the condition of our roads. We're dedicating additional dollars to roads, physically, as well as street sweeping and snow removal.... I would have liked to see additional funding available for some smaller, neighborhood-level infrastructure projects."

More meetings to come

The City of Saskatoon's budget review committee meets next week on Dec. 3 and 4 from 1 p.m. to 6 p.m. in Saskatoon's council chambers at city hall.

Agriculture. Farmers blame feds for railway delays

Prairie farm groups frustrated by delays in shipping grain this fall want the federal government to do more to penalize rail companies that don't deliver crops in a timely way.

Doug Chorney of Keystone Agricultural Producers said the backlog is so bad that mountains of wheat and other crops are building up outside jammed grain elevators. As prices fall, farmers are wondering what good a record bumper crop is to them if they can't get it to market. "There is grain in piles across Western Canada," Chorney said from Brandon, Man. "This creates big cashflow problems for farmers. We all have bills to pay."

Chorney and his counterparts in Saskatchewan and Alberta blame the major railways for not putting enough trains and grain cars in service to haul crops to ports for export.

They are also pointing their fingers at federal legislation proclaimed last June that was supposed to deal with such situations.

Norm Hall, president of the Agricultural Producers Association of Saskatchewan, said the Fair Rail Freight Service Act is just not effective. He said the legislation needs to be amended to make it easier to hit railway companies with fines over transportation bottlenecks. The legislation does include a provision for possible penalties of up to $100,000, but only if a government arbitrator decides a signed service agreement between a shipping company and a railway has been violated.

Chorney said that isn't good enough. "We need the federal government to listen to the concerns of farmers and grain shippers and introduce legislation that has impacts and consequences on the railways if they fail to provide timely and adequate service."

Officials with Transport Canada and Agriculture Canada said they could not immediately respond.

THE CANADIAN PRESS

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Mike Duffy audit.
Tories block key witness on alleged interference

Conservative senators blocked a bid Thursday to have a key figure from the audit firm Deloitte testify about alleged interference into the review of Sen. Mike Duffy's expenses.

The move came as the Senate's internal economy committee heard from three other Deloitte partners about the audit they had done into Duffy's living claims between February and May.

Deloitte's Gary Timm confirmed what had been revealed in a police report last week — that Michael Runia, one of the firm's managing partners, called him to inquire about the Duffy audit. Runia was not a member of the audit team.

An RCMP court filing last week revealed that Runia made the call at the request of Conservative Sen. Irving Gerstein, who in turn had been prompted by the Prime Minister's Office.

"As I indicated before, he wanted to know if Sen. Duffy were to repay (his expenses), how much would it amount to," Timm said of Runia.

"I said I couldn't tell him, I couldn't disclose any confidential information to him — that was the gist of the conversation."

Timm said that he notified others at the firm about the call, but no report was made back to the Senate committee — Deloitte's client — about the matter.

When Liberal Sen. George Furey later moved to have Runia appear to answer questions, Sen. Gerald Comeau, the Conservative chairman of the committee, ruled against him, saying it's not the committee's job to conduct police-style investigations.

A subsequent vote, which included Comeau's Conservative colleagues, upheld the ruling, much to Furey's disappointment.

THE CANADIAN PRESS

Workers walk out after colleague's suicide

Halifax. One employee says management harassed Peter MacKenzie to get him to retire sooner

HALEY RYAN
Metro in Halifax

Nearly 200 workers at the Irving Shipyard in Halifax walked off the job Thursday morning after employees said resentment "boiled over" when they learned a co-worker had killed himself following a suspension, and what they say was months of harassment by management.

A shipyard worker who preferred not to give his name said he "almost cried right on the spot" when he heard of the death of Peter MacKenzie, whom he said he worked with for 25 years.

Workers at the Halifax Shipyard walked off the job on Thursday after they say a fellow worker killed himself following months of harassment.
HALEY RYAN/METRO IN HALIFAX

"He was singled out and harassed in many regards," said the man. "We've had enough and it's as simple as that.... It boiled over."

Workers left their jobs around 7:30 a.m., lining both sides of Barrington Street at the bottom of Devonshire Avenue and crossing the street each time the lights changed.

Union president Cliff Pickrem said MacKenzie was suspended for 30 days due to poor workmanship on his scaffolding Tuesday, but later heard an engineer say the work was "quite up to standard."

In a statement, Irving said "It is not appropriate to speak about details regarding individual employees."

Halifax RCMP spokesman Cpl. Scott MacRae said they received a suicide call for a home in Eastern Passage on Wednesday at 2:30 p.m. and found a 58-year-old man dead.

Metro reached out to the victim's family, who preferred not to comment.

Tyler Stewart, 29, was among many who said the company has become much harsher and more disciplinary in the last year and a half since Irving won the national shipbuilding contract and new management came in.

"A lot of the older gentlemen, they're trying to almost make them retire ... they want to make their lives miserable," Stewart said. "Unfortunately it has to come to this to make a better situation."

Pickrem and national union rep Rick Rose came from negotiations just before noon and said Irving's president was flying to Halifax. They told the crowd management understood their frustration, but was asking everyone to continue working.

Many shouted "no way" and left the property, saying they would return Friday.

Comet ISON no match for run-in with the sun

Once billed as the comet of the century, Comet ISON apparently was no match for the sun.

Scientists said images from NASA spacecraft showed the comet approaching for a slingshot around the sun on Thursday, but just a trail of dust coming out on the other end.

"It does seem like Comet ISON probably hasn't survived this journey," U.S. Navy solar researcher Karl Battams said in a Google+ hangout.

Phil Plait, an astronomer who runs the "Bad Astronomy" blog, agreed, saying "I don't think the comet made it."

Still, he said, it wouldn't be all bad news if the 4.5-billion-year-old space rock broke up into pieces, because astronomers might be able to study them and learn more about comets.

"This is a time capsule looking back at the birth of the solar system," he said.

The comet was about one kilometre wide as it got within 1.6 million kilometres of the sun, which in space terms basically means grazing it.

In this frame grab taken from enhanced video made by NASA's STEREO-A spacecraft, comet ISON, left, approaches the sun on Monday.
THE ASSOCIATED PRESS/NASA

NASA solar physicist Alex Young said it would take a few hours to confirm ISON's demise, but admitted things were not looking good.

He said the comet had been expected to show up in images from the Solar Dynamics Observatory spacecraft at around noon eastern time, but almost four hours later there was "no sign of it whatsoever."

"Maybe over the last couple of days it's been breaking up," Young told The Associated Press. "The nucleus could have been gone a day or so ago."

Images from other spacecraft showed a light streak continuing past the sun, but Young said that was most likely a trail of dust continuing in the comet's trajectory.

Comet ISON was first spotted by a Russian telescope in September last year. THE ASSOCIATED PRESS

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Yikes! Ever feel like you're being tracked at the mall? Turns out you might be, with retailers turning to technology to track shoppers in a bid to tailor the shopping experience to customers. SEAN GALLUP/GETTY IMAGES FILE

You're not paranoid, stores are spying on you

Online and IRL.
Retailers are tracking your movements using cookies, heat sensors and cellphone signals

Advances in technology have never made tailoring deals to shoppers this holiday season so easy — or so creepy.

Online stores have long-tracked your movements on the web through 'cookies.' And bricks-and-mortar stores have started tracking you too — experimenting with heat sensors and monitoring phone signals to see which aisles are most popular. THE ASSOCIATED PRESS

He knows what you're buying

"You can't have Christmas anymore without big data.... You know that song where Santa knows when you've been sleeping? He knows when you're awake? That's where he's getting his information from."

Jeff Chester, executive director at the Center for Digital Democracy

Focus on technology

CN Rail launches $10M safety plan

Canadian National Railway Co. says it's investing $10 million in a special program to enhance its ability to detect equipment defects, such as hot wheels. THE CANADIAN PRESS

Urgent labour issue

Skills gap needs to be filled: Manley

Former cabinet minister John Manley says Canada needs to fix the labour skills gap before the country lags even further behind internationally. THE CANADIAN PRESS

Random biz fact of the day

75%

75 per cent of job seekers use traditional networking to gather more information about a company. CAREERBUILDER

Recommendation. Ban federal instant messaging to preserve message trail

Canada's information watchdog is recommending a ban on instant messaging on federally issued BlackBerrys and other wireless devices because such messages evaporate so quickly, erasing part of the government record.

In a special report to Parliament, Suzanne Legault says instant messages are automatically deleted — usually after 30 days — meaning Canadians can't request them under the Access to Information Act. Legault says a government proposal would "put the right of access at further risk" by allowing instant messages to be auto-deleted after three days. THE CANADIAN PRESS

Another hit to BlackBerry

Some 98,000 BlackBerry devices have been issued to government institutions.

- But there is no government-wide policy on the use of text-based peer-to-peer forms of communication such as BlackBerry Messenger.

Market Minute

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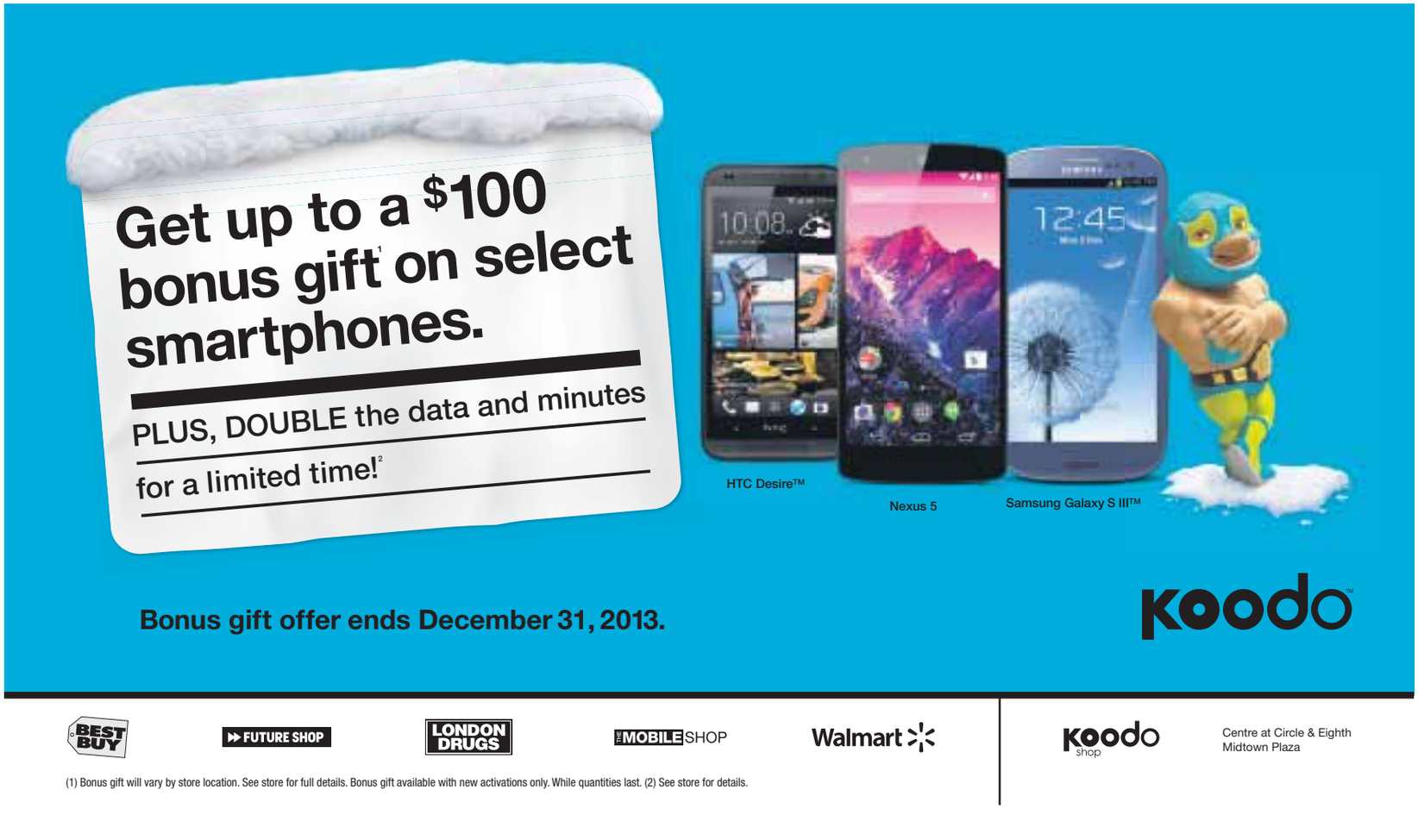
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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 20

metronews.ca/temp

Temp Figures It All Out

If you came here expecting a happy ending, that's exactly what you're going to get. It's a few months later, I'm now Mrs. Xu, there are twin Xus in the offing, and the twins will be in line to inherit over a billion dollars. I remind myself of this every time I think of the coffee room's Girl Guide chocolate-bar honour box, and how horrified I always was to find out staffers had shortchanged it, and how I paid out the difference from my own pocket.

What about TWK? Don't worry about the old gang — they're doing just fine. The building is now home to Mr. Xu's vanity project (and mine), which is to be the world's largest online retailer of vintage and high-end sneakers. Sarah No. 1 is once again in charge on online marketing development, and Sarah No. 2 is back developing e-commerce strategy. This time, their decisions will have a chance of being implemented and making some kind of difference.

With a slight romantic twist, Sarah No. 3, who I never really got to know, is seeing Kyle, who quit the refinery after a week spent inhaling its magic aromas. Kyle is now getting a full sleeve of ink on each arm and is in charge of "Branding Atmosphere," which means — I'll be honest — I have no idea what, but I'm just so glad he's no longer inhaling oil. I'll always have a soft spot for that loveable lunkhead who kind of flirted with me, and who I kind of flirted with back when we were both younger and dumber.

The Danimal we now call "The Shaker" because we send him out doing anything that involves old-school middle-management people shaking each other's hands: Conferences and land leasing and that kind of stuff. It's a remarkably effective category and he loves it. Dan and Chantelle split up quite amicably. Chantelle and Darren are engaged and living in the gated community together. Chantelle's lips have shrunk and she looks a tiny bit more human and promises not to get more work done.

The present is all we have. And really, how does Kate Winslet manage to always drop those pounds?

And the happiest ending of all is for Kurt, the old guy by the stoplight, who now has his own office out by the delivery bay where his main task is to sit, enjoy life and maybe watch the Carpenters on VHS — he refuses to go online.

So maybe you entered this story expecting there to be a Boogeyman — someone who we can yell at, and whack with sticks like a piñata. But there is no Boogeyman here. There's only the times we live in, and we can bitch about them or we can move forward, and if you don't move forward, well, you'll be left behind, left in the past, which makes no sense — because the present is all we have. And really, how does Kate Winslet manage to always drop those pounds? **THE END**

Random fact of the day

The difference between poisonous and venomous animals: "If you bite it and you die, it's poisonous. If it bites you and you die, it's venomous."

SOURCE: WTFFUNFACT.COM

Random biz fact of the day

98%

An overwhelming majority of job recruiters used social media to search for candidates in 2012.

SOURCE: WORKOPOLIS

The clock is ticking

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is ... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still three days to catch up at temp.metronews.ca — before it is gone forever. **METRO**

Wages

Equal work, equal pay

The Workers Action Centre is campaigning for equal pay as part of its advocacy for workers' rights, which includes approaching politicians and conducting online campaigns.

"Permanent workers are earning a lot more," said centre organizer Sonia Singh. "The typical statistic is that temp workers earn 40 per cent less than permanent workers.

"The government should include in the law that temp-agency workers receive the same wages as permanent workers when they are doing the same work." **MIKE DONACHIE/METRO**

THE CANADIAN PRESS

Race to the bottom

Government jobs no sure thing

Government temp jobs are no longer the coveted positions they used to be. Wages for temp workers in the public sector have fallen by up to 40 per cent since the feds started awarding contracts to the lowest bidder, according to the Association of Canadian Search, Employment and Staffing Services. **METRO**

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THE ALL-NEW 2014
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RON BURGUNDY? COMING TO WINNIPEG

THE METRO LIST

Neil Morton
metronews.ca

1 **Tom Hanks.** In the most random moment of 2013 possibly, Hanks showed up at the Grey Cup in Regina. Turns out he was there cheering on the Tiger-Cats with his L.A. pal Martin Short, a Hamilton native. Hanks wore a Ticats toque (and later a Riders toque), hung out with the Sheepdogs and sat in the chilly stands. Can we adopt him as ours?

2 **Twitter and Time.** This year, Time announced a unique new partnership with Twitter as part of their Person of the Year issue. Users can vote for their choice by tweeting with the hashtag #TIMEPOY. The readers' choice poll ends Dec. 4. So go ahead now and cast your vote for ... Miley?

3 **Movember wrap up.** I wore my mo proudly this year, and raised over $1,000 to join Mo's Platinum Club. One of the feel-good stories of this year was three buddies who cycled from Vancouver to Toronto and raised nearly $100,000 for Movember in their Moustache Ride Across Canada. Amazing guys, amazing cause.

4 **@bOringtweets.** Who would think that a boring Twitter account would be a hit? But it is. Its nearly 140,000 followers get tweets like "I've just looked at something," "I've just signed for a parcel for next door," and "I hope I dream about cardboard again. That was one crazy dream." I would keep giving you examples, but I have to watch paint dry.

5 **Ron Burgundy.** Will Ferrell's fictitious Anchorman character will be in Winnipeg this Sunday covering Canada's Olympic curling trials dubbed Roar of the Rings for TSN. They should consider hiring Burgundy permanently: Ratings would go through the roof.

6 **Toronto + Bon Jovi = NFL?** Toronto football fans were living on a prayer wondering whether their city would ever get an NFL franchise, but thanks to Bon Jovi, that might become a possibility. The rocker is a leading contender to buy the NFL's Buffalo Bills and, with some powerful and rich T.O. friends, move them to the city.

7 **Global anchor Katie Couric.** No, not for Global News. Couric will now be the global anchor for the resurgent Yahoo. She will start next year and be the "face of Yahoo News," CEO Marissa Mayer wrote in a blog post. In effect, Couric will now be the global ambassador for Yahoo. This move is another example that the future of TV is online.

8 **Harvard.** The Ivy League school got some negative attention after a video was released asking students: "What is the capital of Canada?" and answers ranged from Vancouver to Ontario. Duh! It's not right, because us Canadians all know the capital of the United States is New York, eh?

9 **Social media jobs.** A Workopolis study says jobs for social media experts will be obsolete in 10 years as digital natives enter the workforce who are already able to do that work, so having social media skills will no longer be a differentiator for us digital immigrants. Also, we'll soon be able to schedule tweets 10 years in advance so our work here is complete.

10 **Paul Bissonnette.** You might not have heard of the Canadian NHLer, but his Twitter account @BizNasty2point0 is a riot. His Twitter bio says: "Play in the NHL for the Phoenix Coyotes. Well sort of. Once played in the ECHL for the Wheeling Nailers, seriously, that was the name." With tweets like "If you ever feel insecure about your looks, go to the Vegas airport and sit at a nickel machine and smoke," this is a gem. 475,000+ followers agree.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Wood you believe it

ANDY WILLSHEER/REX FEATURES

Vintage vehicle created from oak

A man has made a VW Beetle — out of wood.

Momir Bojic from Celinac in Bosnia and Herzegovina has hand-built the impressive Bug with mind-boggling patience, using skilled woodworking to create intricate detailing. Everything from the bonnet to the gearshift has been carved by Momir in his garden workshop. **METRO**

Slow and steady wins building race

Progress was necessarily slow because of the work's labour-intensive nature.

Momir said: "Some days my wife and I might end up with just two or three rows of pieces on a panel, but this was irrelevant as far as I was concerned because I'm a bit of a perfectionist. Accuracy was far more important than worrying about how long the work was taking." **METRO**

Wife chips in for hubby's project

Momir, who spent time working at the Volkswagen Transporter manufacturing plant in Hanover, Germany, got some help from his wife Nada.

"I was intending to undertake the task by myself, but after my wife saw the amount of effort involved she felt I was crazy to try and do it all on my own and was happy to offer her assistance in the project." **METRO**

Motorbike made from locust wood

Momir isn't the only man from Eastern Europe adept at making wooden vehicles.

Istvan Puskas from Tiszaros, Hungary, spent two years building a motorcycle from weather-resistant black locust wood.

Puskas used cow horns as a handlebar and exhaust pipe, and a gasoline engine from an old Fiat. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Terrified of stepping foot in a shopping mall during Black Friday or the rest of the holiday season? There's a beautiful place you can pop into to get your shopping done without the Jingle Bells soundtrack, oversized faux cedar trees or never-ending lineups: The Internet.

ISTOCK IMAGES

Sift:

The site launched about a year ago as a website that mined your email looking for deals and promotions that may interest you. Now, with the help of $2 million for seed funding, they've launched an iPhone app that lets you shop right from your phone. Wait for their upcoming social function.

Slice:

Not exactly a shopping site, but more like an online shoppers personal assistant. Slice keeps track of what you buy and lets you know if you're eligible for a price adjustment, recalls, and other things you may want to know about your purchases.

Karmaloop:

Look sharp AND get good deals on trendy new weekending duds from Karmaloop. Site often has promo codes to get your saving started (Black Friday code is BLKLIGHT, FYI).

Comments

RE: Tips On (Cough) Hacking A Cold, by John Mazerolle, published Nov. 28

How about starting by improving your immune system.

I rarely get colds, and I haven't had the flu in 21 years, despite the fact that I work with a lot of people who get sick a lot. Flu shots..?? Never.

We are getting too caught up in cleanliness as a society. That's not to say I don't engage in personal hygiene. I just don't subscribe to the antibacterial everything that society wants us to.

My wife and four-year-old daughter also do not get sick. My daughter has been sick once since she was born. My tips..?? If you drop it on the floor, pick it up and eat it. If you cough, cough into your hand. And, eat a pound of dirt a week.

Remember, your immune system is an army, and an army needs practice to fight effectively. Take away its ability to practise, and when real germs come along, it will not be able to fight it, and you'll get sick.

ns_hunter posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Synopsis

The last couple of weeks have offered up the odd little treat at the movies, like an amuse-bouche to get our taste buds primed for the tastier stuff to follow in December. Not only does the 12th month give us Christmas, Boxing Day, Kwanzaa and New Year's Eve, we also get a delicious buffet of great movies. This week the Reel Guys look ahead to the 31 days that sate our appetite for great movies while feeding the voraciously hungry Oscars.

The Wolf of Wall Street, starring Leonardo DiCaprio, is one of the films to get excited for this Christmas. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

'Tis the season for great films

Ones to watch. The weather outside is frightful, so duck inside to catch one of the movies the Reel Guys are looking forward to

Richard: Mark, people complain that trailers give away too much of the story, but one upcoming movie has been releasing trailer after trailer — usually not a good sign — and has yet to reveal itself. Apparently The Wolf of Wall Street, directed by Scorsese (do I have to write his first name? I don't think so) and starring Leonardo DiCaprio and Matthew McConaughey, is going to clock in at three hours, so no trailer, no matter how long or how many, can give away all the good stuff. All they have done is make me eager to see this stockbroker meltdown story. What's grabbed you?

Mark: I'm looking forward to The Wolf of Wall Street too. But I've already decided that Inside Llewyn Davis, the new Coen Bros movie about the Greenwich Village folk scene in 1961, will be my favourite movie of the year. Perhaps I should actually SEE the film before making my decision, but I know, Richard, I just know! I've been waiting for someone to make a movie like this for a long time, and who better than the Coen Bros? The trailer looks terrific and Justin Timberlake looks perfect in his orange alpaca cardigan, not that it would influence my decision in the least.

RC: Timberlake is such a conundrum for me. He's a wildly talented guy whose movies frequently don't work. My fingers are crossed that for him, Llewyn is more Social Network than Runner Runner. Saving Mr. Banks is another one I'm looking forward to. I'm a sucker for old Hollywood so the story of Walt Disney (played by Tom Hanks) wooing P.L. Travers (Emma Thompson) for the rights to Mary Poppins is up my alley. That, and I'd watch Thompson do anything — bake a chicken, read the phonebook or play an uptight spinster.

MB: Here's a guilty pleasure: Grudge Match, the story of two aging boxers facing off for the first time in 50 years. Since the boxers are played by De Niro and Stallone, it's like a dream mash-up: Raging Bull vs Rocky! I'm hoping Will Smith gets a dream sequence cameo as Ali. And let's not forget American Hustle, David O. Russell's new film about greed, lust, politics, and the Mafia. Sounds like a perfect title.

RC: Three things make me want to see American Hustle: the trailers (which are awesome), Christian Bale's beer gut and Jennifer Lawrence's extravagant hairdos.

MB: Wait! Make that De Niro's beer gut and Stallone's hairdo and it's a Grudge Match!

Festive finds

Jacquie Lawson 2013 Advent Calendar

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPad Free
This free calendar from popular e-card artist Jacquie Lawson offers a charming animated story every day as a country village, filled with cosy shops and wildlife, prepares for Santa's arrival.

Josh Gad never iced his big dreams

Frozen. Actor was ready to give up on making it in show biz when his mother offered him some wise advice

RICHARD CROUSE
scene@metronews.ca

Josh Gad plays Olaf, the optimistic snowman in Frozen, which is playing in theatres now. CONTRIBUTED

Josh Gad, the voice of Olaf the optimistic snowman in the new Disney animated film Frozen, thanks his mom for some very well timed advice. "My mother, God bless her," he says, "allowed me to keep dreaming."

The story starts in 1993.

"I was sitting in a dark theatre watching Aladdin," he says. "Robin Williams is playing this insane genie character. I'm on the floor, as is the rest of the audience, and I looked over at my mom and said, 'I want to do that one day,' meaning, I want to be the comedic relief sidekick in one of these Disney films."

Cut to a decade later.

"I was about three years out of college and I called my mom up and said, 'I don't think I want to do this anymore.' She started crying. I said, 'I'm going to go to law school.' I thought my mother was going to celebrate that she wouldn't have to worry about me anymore. But she was really disappointed. And I said, 'Why are you disappointed?' She said, 'Because you've been dreaming about this for 15 years, but you are only allowing yourself to live out your dream for three years and I think that is unfair to yourself.' It was very startling to hear her say that."

"A week later I got my first big break on Broadway doing a show called The 25th Annual Putnam County Spelling Bee. I guess it was at that time I realized I was going to be OK.

"Book of Mormon was the point at which I realized I had reached a new level. That I had made it. I wasn't a working actor anymore, I was an actor who was a part of something very special and that would allow and afford me more opportunities to do what I had dreamed of."

Those opportunities include starring in TV shows like 1600 Penn and movies like Jobs, and, of course, making his dream from 1993 come true with Frozen.

"To get that phone call, saying, you are that guy," he says, "I had to hold the phone down because I was sobbing with joy."

Olaf, his comedic sidekick snowman, already has at least one fan — Gad's young daughter.

"She was two-and-a-half when I took her to see her very first movie in a movie theatre, which was Monster's University. The teaser for Frozen, which featured just my laugh [played before the movie].

"Off of that laugh she turned to me and said, 'More dada. I want more dada.' I had to turn away from her because I was embarrassed by the tears."

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 29 TO THURS., DEC. 5 TIMES ARE SUBJECT TO CHANGE.

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12 Years a Slave (14A) Fri 9:25 Sat-Sun 4-9:25 Mon-Thu 8:35
About Time (PG) Fri 6:45-9:30 Sat-Sun 12:50-3:40-6:45-9:30 Mon-Thu 5:30-8:20 Star & Strollers Screening Wed 1
Cloudy With a Chance of Meatballs 2 (G) Fri 6:55 Sat 1:30-6:55 Sun 6:55 Mon-Tue 5:55 Wed 1:35-5:55 Thu 5:55
Free Birds (G) Fri 7:35-9:50 Sat-Sun 12:40-3:15-5:30-7:35-9:50 Mon-Tue 6-8:05 Wed 1:20-6-8:05 Thu 6-8:05
Frozen (G) No Passes Sat-Sun 12:20 Star & Strollers Screening, No Passes Wed 1
Frozen 3D (STC) No Passes Fri 7:40-10:05 No Passes Sat-Sun 2:50-5:15-7:40-10:05 No Passes Mon-Thu 5:40-8:10
The Hunger Games: Catching Fire (PG) No Passes Fri 7-10:15 No Passes Sat-Sun 12:30-3:45-7-10:15 No Passes Mon-Tue 5:20-8:30 No Passes Wed 1:25-5:20-8:30 No Passes Thu 5:20-8:30
Last Vegas (PG) Fri 7:55-10:20 Sat-Sun 12:25-2:55-5:25-7:55-10:20 Mon-Tue 5:45-8:15 Wed 1:10-5:45-8:15 Thu 5:45-8:15
Pipes & Sticks on Route 66 (PG) Sun 12:30
Thor: The Dark World (PG) Sat-Sun 1:10
Thor: The Dark World 3D (PG) Fri 6:40-9:40 Sat-Sun 3:50-6:40-9:40 Mon-Tue 6:05-8:50 Wed 1:40-6:05-8:50 Thu 6:05-8:50

Galaxy Cinemas Saskatoon
347 2nd Ave. South

The Book Thief (PG) Fri 4:30-7:45-10:45 Sat 1:25-4:30-7:45-10:45 Sun 12:50-3:50-7:20-10:30 Mon-Thu 7:20-10:30
Delivery Man (PG) Fri 5:20-8-10:30 Sat 12:10-2:40-5:20-8-10:30 Sun 1-4:05-7:05-10:05 Mon-Thu 7:05-10:05
Die Hard (18A) Thu 7
Ender's Game (PG) Fri-Thu 9:55
Frozen (G) No Passes Fri 4:10-6:50 No Passes Sat-Sun 1:35-4:10-6:50 No Passes Mon-Thu 6:50
Frozen 3D (STC) No Passes Fri 5:15-7:50-10:25 No Passes Sat 11:45-2:30-5:15-7:50-10:25 No Passes Sun 11:55-2:35-5:10-7:45-10:20 No Passes Mon-Thu 7:45-10:20
Gravity 3D (PG) Fri 5:50-8:10-10:35 Sat 1:10-3:30-5:50-8:10-10:35 Sun 1:20-4:20-7:10-9:45 Mon-Wed 7:10-9:45 Thu 9:45
Homefront (14A) Fri 6:55-10:05 Sat 3:20-6:55-10:05 Sun 12:20-3:20-6:55-9:50 Mon-Thu 6:55-9:50
How to Train Your Dragon (G) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri 6:30-7-9:45-10:15 No Passes Sat 12-12:30-3:15-3:45-6:30-7-9:45-10:15 No Passes Sun 12:15-3-3:30-6:15-6:45-9:30-10 No Passes Mon-Thu 6:45-8:30-10 No Passes Fri 4:15-7:30-10:45 No Passes Sat 1-4:15-7:30-10:45 No Passes Sun 12:45-4-7:15-10:30 No Passes Mon-Thu 7:15-10:30
Jackass Presents: Bad Grandpa (14A) Fri 6-8:20-10:40 Sat 1:05-3:40-6-8:20-10:40 Sun 12:35-3:05-5:25-7:40-10:15 Mon-Thu 7:40-10:15
Philomena (PG) Fri 5-7:35-10:10 Sat 12:05-2:30-5-7:35-10:10 Sun 12-2:30-5-7:35-10:10 Mon-Thu 7:35-10:10
Thor: The Dark World (PG) Sat 11:15-2:30 Sun 1:25
Thor: The Dark World 3D (PG) Fri-Sat 5:10-7:55-10:50 Sun 4:40-7:25-10:25 Mon-Thu 7:25-10:25

Roxy Theatre
320 20th St West

About Time (PG) Fri 6:50-8 Sat-Sun 2-6:50-8 Mon-Wed 6:50-8 Thu 9:20
All Is Lost (G) Fri 7-9:30 Sat-Sun 2:30-7-9:30 Mon-Wed 7-9:30 Thu 7
Last Chance (STC) Thu 9
My Prairie Home (STC) Thu 7

Rainbow Cinemas Saskatoon
The Centre at Circle & 8th

Captain Phillips (PG) Fri-Thu 1-3:55-6:50-9:45
Carrie (14A) Fri-Thu 4:40-9:50
Despicable Me 2 (G) Fri-Thu 1:40-4:10-7:10-9:30
Escape Plan (14A) Fri-Thu 2:15-4:50-7:25-10
The Impossible (14A) Sat 11
Lee Daniels' The Butler (PG) Fri-Thu 1:15-4:05-6:55-9:40
Planes (G) Fri-Thu 2-4:30-7:30
Prisoners (14A) Fri-Thu 1:05-7:45
We're the Millers (14A) Fri-Wed 1:30-4:20-7-9:35 Thu 4:20-7-9:35 Thu 1

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Dear riff-raff: Stop bugging my extraordinarily accomplished daughter

Blythe Danner wants everyone to leave her daughter, Gwyneth Paltrow, alone. "I feel she's just extraordinarily accomplished in every area, and people don't like that," Danner says in an interview with the blog Naughty But Nice Rob.

"Some people don't like that, people who are bored and sit on their asses all day and just tap away. I mean, I don't read any of it, I just find it disgusting. There is a coarsening of our culture today that is just so tragic."

Blythe Danner. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Australia

How Justin's new hobby is going over Down Under

An Australian hotel is declaring itself a graffiti Belieber, despite being at odds with the city government.

QT Hotel in the Gold Coast said it gave Justin Bieber permission to spray graffiti on its wall. The Canadian singer and others posted images online showing cartoon faces in fluorescent paint on an outdoor wall at the hotel in Queensland state.

After hearing criticism, the hotel changed its Facebook page cover art Thursday to show Bieber, his graffiti and the declaration: "He asked, and we said YES."

The Gold Coast mayor Tom Tate says the singer risked undermining the city's efforts to fight graffiti. "The last thing we want is to have graffiti glorified and more young people thinking it's a cool thing to do," he said.

In a letter to the hotel, Tate asserted the city can insist on removal of graffiti in private spaces if it's visible from public spaces.

But in further posts on its Facebook page, QT Hotel defended Bieber as an excellent hotel guest and said it wanted to promote graffiti as an art form. THE ASSOCIATED PRESS

Kanye West

I didn't tell nobody not to buy no Louis Vuitton nohow, Kanye clarifies

Kanye West wants to clarify his stance on Louis Vuitton. The rapper insists he never ordered his fans to boycott the fancy fashion brand — since it would be unnecessary. "It's a misconception that I said boycott Louis Vuitton," he said during an interview with NYC radio station 92.3 Now.

"You can't boycott Louis Vuitton. I wouldn't tell nobody to boycott a brand that ain't nobody even thinking about no more. Nobody thinking about buying no Louis Vuitton." The beef apparently started after the head of the label declined West's request for a meeting.

Holiday gift guide

26 shopping days left

FretLight Guitar — $299 and up, clockwise, from left, Sony Walkman WH303 — $149.99, Mondo Wi-Fi Music Player — $179.99, Philips ShoqBox — $149.95, iPod Touch — $229 and up, SleepPhones — $39.95 and up, Skullcandy Crusher — $99.99.

Don't fret music lovers

MIKE YAWNEY
For Metro

Music is the gift that keep on giving. Impress the audiophile in your life with one of these musical gadgets under the tree.

FretLight Guitar — $299 and up
Learn to play the guitar with a little high-tech help. LEDs light up the frets on this special guitar so you know exactly where to place your fingers. Download songs from your favourite artists or purchase entire sets of lessons. Available in acoustic and electric.

iPod Touch — $229 and up
There's a reason Apple's iPod remains the No. 1 MP3 player on the market. Beautiful design, gorgeous retina display and simple user interface make this a huge hit for all ages. Use it to store and play thousands of songs, or immerse yourself in the tens of thousands of apps.

LG SoundPlate — $499.99
This innovative speaker system sports a simple design, which doubles as a pedestal beneath your flat-screen TV. The 4.1-channel sound system comes with dual built-in subwoofers for rich, full sound while watching your favourite movies or TV shows. When your eyes get tired, enable the Bluetooth feature to listen to your favourite tunes from your phone or tablet. Available in December.

Philips ShoqBox — $149.95
Designed to withstand water and abuse, the ultra-durable ShoqBox is one for true road warriors. Two speaker drivers create loud, clear audio with the ability to pair two ShoqBoxes as left-right speakers. This unit doubles as a hands-free speaker for your phone.

Sony Walkman WH303 — $149.99
Headphones with a built-in MP3 player. Store up to 1,000 favourite songs with 4GB of internal storage, then decide how you want to listen to them. You can wear the headphones around your neck and let the built-in speakers pump out the tunes, or listen to your music privately with the headphones on your ears. A single charge will give you up to 20 hours of music enjoyment.

Skullcandy Crusher — $99.99
These headphones are designed with one thing in mind — bass. An adjustable bass slider will have music lovers fine-tuning their favourite tracks while an in-line mic on the cable lets you have phone conversations. These headphones are smart enough to turn on automatically when the tunes begin to play and turn off when not in use to preserve battery life.

Nuvo Wireless Music System — $229 and up
Spread music throughout the house. This system utilizes your home's Wi-Fi network to stream lossless level audio to multiple rooms. Supports music services such as Pandora, iTunes and SiriusXM satellite radio. This high-end system isn't cheap, but if you are an audiophile it's worth the hefty price tag of a complete system.

Mondo Wi-Fi Music Player — $179.99
Listen to radio stations from around the world. This Wi-Fi music player sports a beautiful 3.5-inch colour display that shows off station or album art as your favourite songs play. With more than 18,000 free radio stations to choose from there is always something to listen to.

SleepPhones — $39.95 and up
Pyjamas for your ears. These headphones are designed to play music while blocking light from your eyes to help you fall asleep faster. Play your favourite songs or download free full-length sleep tracks.

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ELLE 3

Liquid Assets

Old school Austrian sips

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

After more than two decades of taking it on the chin from their New World counterparts, the winemakers of Europe are making a comeback. While France and Italy are seeing the biggest upsurge in popularity, Spain, Germany and Austria are harvesting the benefits of the growing interest in their juice.

Yes, I said Austria — a country I bet you didn't know has been making wine for more than four centuries. Impossible-to-pronounce regional names and grape varieties that are virtually Austrian exclusive haven't helped the cause.

Though reds make up about 30 per cent of the country's output, whites are Austria's claim to fame. Typically drier and zippier than those made by its German neighbours, whites with the Grüner Veltliner grape have made a modern name for themselves as a partner for Asian cuisine (think sushi).

With its Franz Ferdinand-esque label and phonetic first name; the Grooner 2012 Grüner Veltliner ($13.11 - $16.99) is a modern take on old-school Austria with citrusy fruit, balanced acidity and a clean, green finish.

PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A modern take on a Hanukkah tradition

Three Root Vegetable Latkes. The perfect fall-inspired recipe

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Potato latkes are a traditional Jewish or Eastern European dish, especially served on Hanukkah. I wanted to make a healthy version, so I used a blend of root vegetables. Use the grater blade of a food processor to grate the veggies.

1. In a skillet sprayed with vegetable oil, add the oil, onions and garlic. Sauté on medium heat for 10 minutes until tender. Add the sugar and sauté another 5 minutes. Place in a mixing bowl.

2. Squeeze out the excess moisture from the grated vegetables.

Ingredients

- 2 tsp vegetable oil
- 2 cups diced onion
- 1 tsp crushed garlic
- 2 tsp brown sugar
- 2 cups grated peeled sweet potatoes
- 2 cups grated peeled baking potato
- 1 cup grated peeled parsnips
- 3 tbsp chopped fresh dill or 1 tsp dried
- 2 eggs
- pinch of salt and pepper
- 1 tbsp vegetable oil
- 1/2 cup tzatziki

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Add the vegetables to the onion mixture along with the dill, eggs and salt and pepper.

3. Pat into 12 latkes. In two large non-stick skillets add 1 tbsp vegetable oil sauté on a medium heat the latkes for about 7 minutes per side or until vegetables are soft. Serve with the tzatziki.

Restrictions

Please be advised that this recipe may not meet all Jewish dietary or traditional requirements.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Did you know 72% of pain sufferers regularly have trouble sleeping?
© Johnson & Johnson 2013
For sleep tips & more visit sleep-centre.ca
TYLENOL NIGHTTIME

Five tips to reduce shopping stress

Plan of attack. Do your research, set a budget, shop online and if you have to brave the mall — bring your best pal

MAE BOWRING
life@metronews.ca

If stores that look like they've barfed Christmas and crowded malls scare you, you're not alone. Fear not, weary shopper. Checking everyone off your 'nice' list — and enjoying it — is not impossible, says image consultant Christie Ressel, a shopping and fashion expert. Follow her top five tips for stress-free holiday shopping and you'll be singing Let It Snow all the way home.

Be a sleuth

The element of surprise can be lost during the holidays as shoppers try to get something — anything! — wrapped and under the tree. Instead of asking what someone wants and buying it, do a little bit of detective work, advises Ressel.

"We're so quick to get on with our lives that we miss the obvious," she says.

Pay close attention to what they say about their favourite hobby, TV show or website.

They're probably dropping hints. Ressel once found a great gift idea for her husband by flipping through one of his magazines.

Have a plan

Once you have a gift list and you've checked it twice, set a strict budget for yourself, suggests Ressel.

You may have to be more creative or spend time on DIY gifts, but the stress you won't feel when January's credit card bill arrives will be worth the effort.

Overspending is one of the biggest holiday buzz kills, Ressel warns.

"It will make you crabby for the season and it's meant to be enjoyed."

Having a detailed gift list and budget will also make you laser-focused when you're out shopping. No more wandering around aimlessly!

Before you leave the house

With Black Friday and Cyber Monday deals getting better every year, Canadians are enjoying the ease of buying gifts from the comfort of their own home.

This is where the real fun comes in, says Ressel.

"I love online shopping. I'm not a fan of bumping shoulders with everybody."

It's easy to compare prices for electronics online and if you're clever, you can call the store ahead of time to make sure the item is in stock. While Ressel believes Canadians can purchase a lot of their gifts online, she advises against buying trendy clothing online unless you know the exact size, quality and designer you're dealing with.

Make it jolly

It's time to brave the mall with the rest of your list, but there's no reason you have to do it alone. Grab a friend and arrive early to beat the crowds.

The checkout lines won't seem as long if you have someone to chat with and be sure to break up the marathon by grabbing lunch or a coffee.

Want to make sure your gifts stay a secret?

Ressel suggests stashing them at a friend's house, and then having a wrapping party over a glass of eggnog closer to Christmas. The only ones who will be miffed on Christmas morning will be the ones who tried to snoop, jokes Ressel.

"Hopefully they weren't wanting what someone else got."

Be ready to return

Your holiday shopping plan was well executed and you have every reason to pat yourself on the back.

If a loved one does need to return a gift, however, it's wise to be prepared, says Ressel.

Keep receipts handy by placing them in a bright-coloured folder in the kitchen or by the front door. That way you won't have to wrack your brain trying to remember if it's in your wallet or accidentally went out with the recycling.

If no one says anything about their gift by the end of January, it's safe to throw out the receipts, advises Ressel.

Before you head out into the Christmas shopping craziness, make a list — and check it twice. ISTOCK

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ANIMAL SERVICES

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Concussion lawsuit

Vaive wants name removed from lawsuit

Former Toronto Maple Leafs captain Rick Vaive has asked that his name be removed from the concussion lawsuit against the NHL.

Vaive's lawyer Trevor Whiffen claims the former 50-goal man wasn't provided with a copy of the claim beforehand and that he would not have agreed to the allegations made against the NHL had he been asked to review its contents. THE CANADIAN PRESS

NFL

DeMarco delights Dallas fans with touchdown troika

DeMarco Murray did the finishing work for the Dallas Cowboys. Backup Lance Dunbar made his job a lot easier.

Murray ran for three touchdowns, Dunbar had a career-high 82 yards rushing and the Cowboys overcame Oakland's fumble return for a score on the opening kickoff to beat the Raiders 31-24 Thursday. THE ASSOCIATED PRESS

Cowboys running back DeMarco Murray GETTY IMAGES

NFL

Dickenson signs on with Stamps

Dave Dickenson is staying in Calgary, signing a three-year contract with the Stampeders to serve as the CFL team's offensive co-ordinator and assistant head coach.

Dickenson has run Calgary's offence for the past three seasons, helping the Stampeders lead the CFL with 1,595 points scored over that span.

In 2013, Calgary led the league with 549 points scored with an offence featuring most outstanding player Jon Cornish. THE CANADIAN PRESS

Will the RedBlacks risk picks on free agents?

Expansion Draft. Travelling that route could result in players signing elsewhere after Feb. 15

Grey Cup MVP Kory Sheets headlines the list of free agent players. JONATHAN HAYWARD/THE CANADIAN PRESS

An enticing list of prospective CFL free agents is out, but football fans shouldn't get carried away drawing up their wish lists just yet.

On Thursday, the CFL unveiled which players are slated to become free agents at noon EST on Feb. 15. Among them are Grey Cup MVP Kory Sheets and receivers Weston Dressler and Taj Smith, who all helped the Saskatchewan Roughriders defeat the Hamilton Tiger-Cats 45-23 in the league's championship game Sunday at Mosaic Stadium.

More than 120 players are scheduled to test the free-agent waters. The Winnipeg Blue Bombers have the most (23), including linebacker Henoc Muamba, the East Division's top Canadian this year.

The Calgary Stampeders, who posted a league-best 14-4 record, have 21 players with expiring contracts. Montreal and Saskatchewan are next with 19 each while the B.C. Lions have the fewest (six).

The reason for the abundance of potential free agents is simple. On Dec. 16, Ottawa RedBlacks GM Marcel Desjardins will select 24 players (eight imports, 16 Canadians) over three rounds to stock his expansion team. Desjardins will take eight imports in the first round before selecting eight Canadians in each of the final two.

The eight other CFL GMs can protect any of their players, including those heading into free agency. However, there's a challenge Ottawa faces taking unprotected prospective free agents. If they don't want to sign with the RedBlacks, they simply have to wait until Feb. 15, when they're able to join the teams of their choice.

Another hurdle Ottawa faces is taking pending free agents who have re-signed with their former clubs before Dec. 16 but not registered the deal with the CFL. Being selected by the RedBlacks would give those players the unique opportunity to sign with the expansion squad because the deal with their former teams wouldn't have been sent to the league office.

However, Ottawa would hold exclusive negotiating rights to the pending free agents until Feb. 15. Once the players became free agents they could register their pre-arranged contracts with the CFL to make them legal and binding. THE CANADIAN PRESS

QB targets

Ottawa is scheduled to return to the CFL next season and the club's biggest off-season question is who will play quarterback.

- Free-agent possibilities include, clockwise from top left, Toronto's Zach Collaros, Hamilton's Henry Burris, Edmonton's Matt Nichols and Montreal's Josh Neiswander.

Oilers goalie collides with the Predators' Viktor Stalberg on Thursday night in Nashville. MARK HUMPHREY/THE ASSOCIATED PRESS

NHL. Bryzgalov notches shutout in Oilers debut

Ryan Nugent-Hopkins and Taylor Hall scored 51 seconds apart in the second period, and Ilya Bryzgalov got a shutout in his first start for Edmonton as the Oilers beat the Nashville Predators 3-0 Thursday night.

Bryzgalov, signed by the Oilers on Nov. 8, made 33 saves in his first NHL start since April 25 when he was in net for Philadelphia. Jordan Eberle added an empty-netter in the final minute off an assist from Hall, and the Oilers have won four of five.

Predators captain Shea Weber was hit by a puck near his right eye at 15:24 of the second, dropped to the ice and did not return to the game. THE ASSOCIATED PRESS

4 SPORTS

Horoscopes

♈ Aries
March 21 - April 20
This should be an encouraging day and even if you don't accomplish anything remarkable, you will still make progress. Though what seems like no big deal to you may look remarkable to others.

♉ Taurus
April 21 - May 21
Try not to put yourself under stress today because the planets suggest you will get more out of life if you take things easy. Treat what look like a major setback as no more than a minor irritation.

♊ Gemini
May 22 - June 21
There is no point complaining unless you intend to change it. If you give rivals the idea that you are upset about what they are up to, they might decide to do it more.

♋ Cancer
June 22 - July 23
Something you used to get a great deal of joy from no longer thrills you. In a way that's good because it means you can devote the time and energy you spent on it to more serious creative matters.

♌ Leo
July 24 - Aug. 23
Flattery will get you everywhere today and will be especially useful if you want to make a good impression on the work front. People in positions of power like to be told how wonderful they are.

♍ Virgo
Aug. 24 - Sept. 23
Speak up and say what is on your mind but don't expect any applause. If you have any criticisms maybe you should try to make them sound more like positive suggestions.

♎ Libra
Sept. 24 - Oct. 23
You won't solve a problem by trying to force others to see it from your point of view. If they get the impression that you feel you are intellectually superior to, them they will go out of their way to defy you.

♏ Scorpio
Oct. 24 - Nov. 22
Try saying nice things to important people today. You may not believe a word of it but if you can get employers to support what you are doing it could mean the difference between success and failure.

♐ Sagittarius
Nov. 23 - Dec. 21
There have been times of late when it felt as if you were at the mercy of events but it isn't as bad as you think. With the Sun firmly placed in your sign, you should be more upbeat about your prospects now.

♑ Capricorn
Dec. 22 - Jan. 20
Make it your aim to find something to enjoy in everything you do. Whatever it is you are working on there is no reason why it should not make you smile.

♒ Aquarius
Jan. 21 - Feb. 19
You may be eager to push ahead with a project but the planets indicate it might be best to wait a few days. Both tomorrow's Sun-Uranus link and next Tuesday's new moon will bring about new ideas.

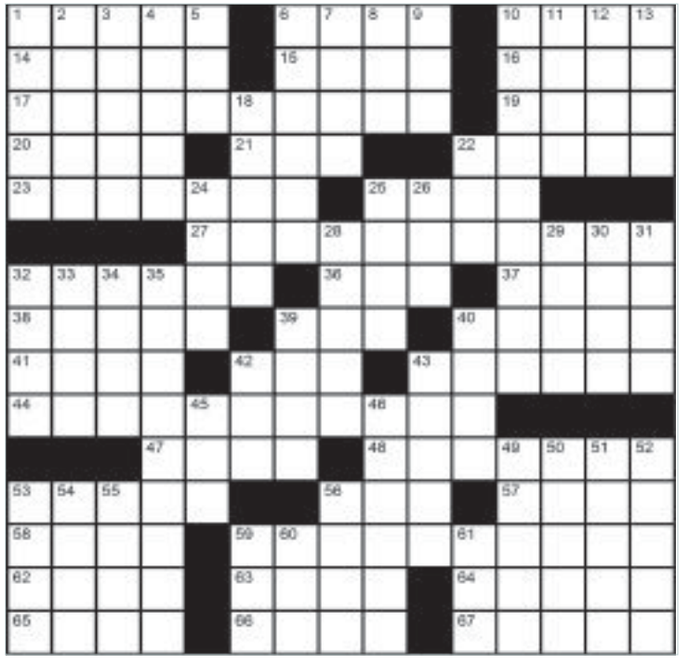
♓ Pisces
Feb. 20 - March 20
You will see only what you want to see today. That's fine, but if you close your mind completely to new possibilities you'll be the loser.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

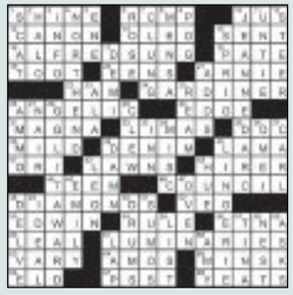
BY KELLY ANN BUCHANAN



Across
1. Vermicelli
6. Piece of the puzzle
10. Gwyneth Paltrow's lifestyles website, __.com
14. Gelatin mould dish
15. James __ (Pulitzer-winning writer)
16. "__ la Douce" (1963)
17. Racecar driver Jacques, an honoured member of Canada's Sports Hall of Fame
19. Achievement
20. Good vs __ (Superhero's battle)
21. Bar beverage
22. Rock
23. Embark on a cruise: 2 wds.
25. Earth
27. It kicks off the Christmas shopping season: 2 wds.
32. Figures of speech
36. Sanction
37. Store event
38. Moved off course
39. "Way cool!"
40. Scatter
41. Docking spot
42. Sighed sounds
43. Snow-packed ski runs
44. Historic building from 1886 where The Second City in Toronto was famously located: 3 wds.
47. Fertilizer ingredient
48. Record-breaking building category
53. Quality
56. "Frasier" character
57. "Ah, me!"
58. This spot
59. Singer from Saint-Ignace, New Brunswick: 2 wds.
62. Buffalo kind
63. __ Cooper
64. Beaver-ish looking animal
65. Look after
66. Assorted [abbr.]
67. Highway-crossing animals

Down
1. Does road work
2. "__ __ always said..."
3. __ pea soup
4. Cash register drawers
5. Hotshot
6. Spain: Valencian dish of rice
7. Fluish feeling
8. Gun the engine
9. Football prop
10. Thingies put out annually by Oprah Winfrey, and most recently, Gwyneth Paltrow: 2 wds.
11. Celebrated cookie
12. Muscat is its capital
13. Hors d'oeuvre spread
18. Manicurist's concerns
22. Military address
24. Sleep Country Canada purchase, __ __
25. Timetable, cool-style
26. Commonly, poetically
28. English punk band, with The
29. Dash
30. Sheltered, nautically
31. Archery bow trees
32. Spellllling boo-boo
33. Racetrack fence
34. Was in debt
35. Chanel No. 5's magazine page: 2 wds.
39. Ms. Perlman
40. Window ledge
42. Go-Go's smash: "Our Lips __ Sealed"
43. Shopping __
45. Galway's country [abbr.]
46. English pop trio, __ Kitten
49. Espresso style
50. Upper crust
51. More sensible
52. Boris Godunov, and others
53. Fantastic, in slang
54. Boulevard in Montreal, __-Levesque
55. Cast or Wrought
56. Also-__
59. "This is yummy."
60. Crossword rendering of a segment of a road's dotted line
61. Mr. Stewart

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		9				2		6
	8		5		4		1	
2								3
		4	1		3	8		
	6						4	
		7	2		5	6		
4								8
	3		8		9		6	
9		8				1		5

Yesterday's Sudoku

4	6	9	3	7	5	1	2	8
5	1	2	8	9	4	6	7	3
7	8	3	1	2	6	9	5	4
2	7	4	6	8	1	3	9	5
8	9	6	5	3	2	4	1	7
3	5	1	7	4	9	8	6	2
9	2	8	4	1	7	5	3	6
1	3	5	2	6	8	7	4	9
6	4	7	9	5	3	2	8	1

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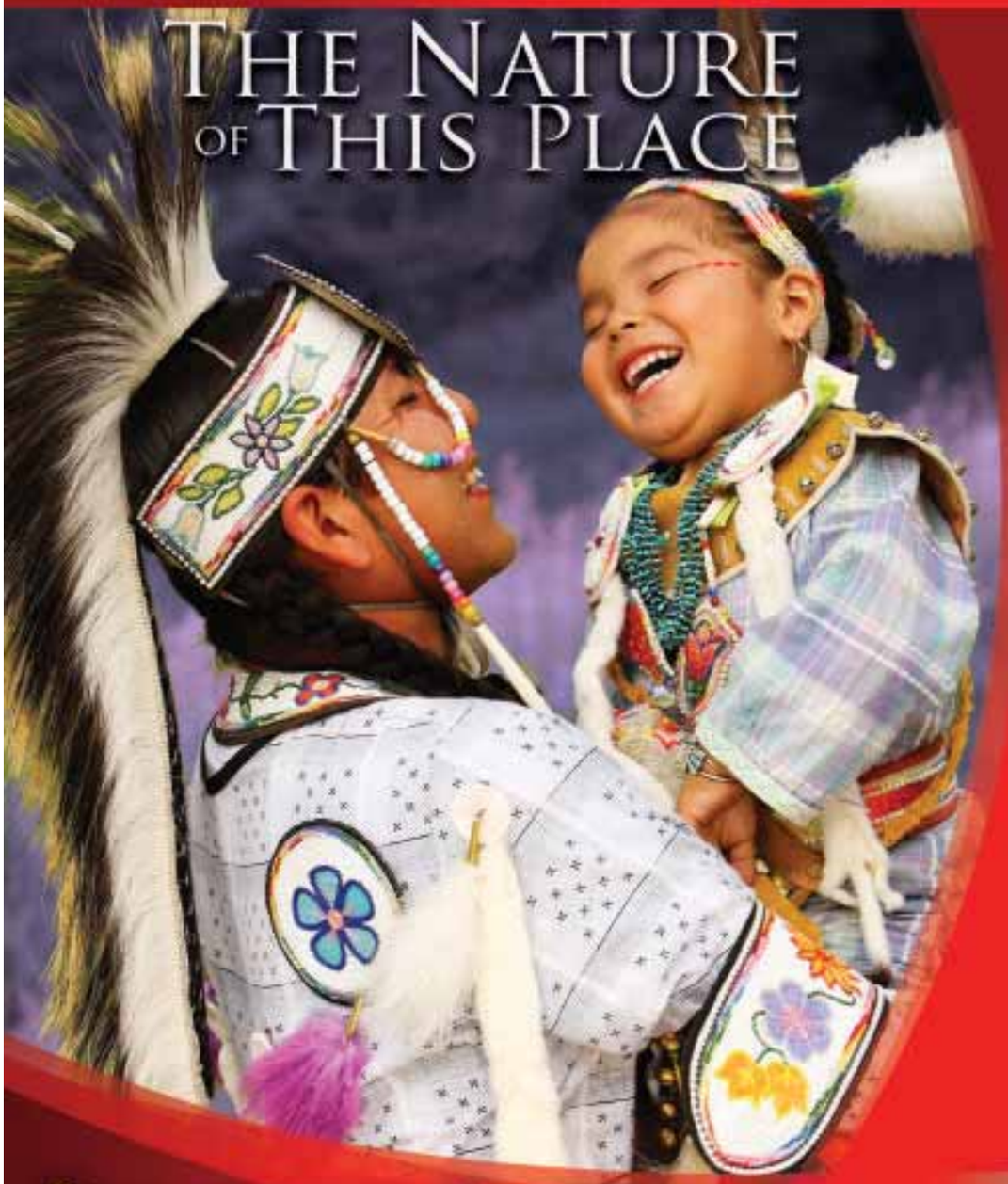

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